



Valhalla Voice

October 7, 2019

[PTSA](#)

[CAPS Committee](#)

[KASPO Committee](#)

[Viking Backers](#)

[PAAS](#)

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Date	Time	Event/Location
October 7	12pm-9:30pm	MTHMU Yogi Castle Restaurant Day
October 7	6:30-7:30pm	Viking Backers Meeting in the Media Center
October 7	12pm-9:30pm	MTHMU Yogi Castle Restaurant Day
October 7	7-9pm	Free showing of "Screenagers" in the Auditorium
October 8	7:30-8:30pm	PAAS Monthly Meeting in Room 105
October 8		Last day to RSVP for Diwali Cultural Event
October 10	7pm	PTSA Meeting in the Media Center (New Date*)
October 10	7pm	MTHMU Booster Meeting in the Guitar Room
October 11	During lunch	Homecoming tickets on sale
October 12	11am-2pm	IASPA sponsored Diwali Cultural Event @Hebron
October 12	12:30pm	MTHMU Pep Band at Atholton
October 14		Greg's Driving School Class Begins
October 14-17	During Lunch	Homecoming ticket sales
October 18	3:30-5:30pm	Football JV Homecoming vs. Centennial- Spirit Wear Sale
October 19		Homecoming
October 19	12-3pm	Football Varsity Homecoming vs. Centennial- Spirit Wear Sale
October 21		Street Smarts Driver's Ed Class Begins
October 26	10am-3pm	MTH Marketplace
November 1	6-8pm	Football Varsity vs. Reservoir- Spirit Wear Sale
November 3	2pm	Harriet Movie Fundraiser by PAAS @ Hoyt's Theater
November 5	11am-11pm	MTHMU Restaurant Night at Pizzeria Uno
November 5, 7	5:30-9:30pm	SAT Prep in Room 103
November 8	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
November 12	6:30pm	SAT/ACT info night for Parents in the Media Center

November 14	7pm	MTHMU Booster Meeting in the Guitar Room
November 20	TBD	Suicide Prevention Training by Grassroots
November 22	6-10pm	Viking Backers Basket Bingo @ The Lodge in Catonsville
December 3, 5	5:30-9:30pm	ACT Prep in Room 103
January 14, 16	5:30-9:30pm	SAT Prep in Room 103
February 15, 22	9am-1pm	SAT Prep in Room 103
February 28, 2020	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
April 14, 2020	6:30-7pm	Guest Speaker on Restorative Justice in Education implementation at Mt. Hebron PTSA Meeting in Media Center
April 21, 23	5:30-9:30pm	SAT Prep in Room 103

Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: mthebronpts@gmail.com, www.mthebronpts.com/

Twitter: @Mthebronpts, Facebook: @MHHSPTSA

Meetings 2nd Tuesday evening of the month in the Media Center

Join Online at www.mthebronpts.com/. Click on "Membership" to access the online payment portal or a downloadable form that you can send in with a check. Membership forms also available in Korean and Spanish. 100% of your donations stay at Mt. Hebron.

Subscribe to the PTSA Website www.mthebronpts.com/

Create a login then update your settings to get notifications of new postings to the PTSA website blog. For detailed instructions [click here](#). Visit the website often for current news, information on programs like scholarships and After-Prom, forms, contact info, and much more.

DATE CHANGE!! Next PTSA Meeting & Welcome Social Thursday, Oct. 10 in the Media Center

6:00-6:30pm – Welcome Social - Light refreshments provided.

6:30-7:00pm – Guest Speaker – Mt. Hebron HS Principal, Dr. Joelle Miller, on the implementation of Restorative Practices in the building.

7:00pm - PTSA meeting. Hear reports from the principal, SGA leaders, and other parent advocacy groups, followed by the PTSA business meeting.

Coat Drive thru Oct. 22

Bring clean winter coats, hats, gloves/mittens, and scarves for all ages (infant to adult) to school from now through Tues., Oct. 22. Collection boxes located in the front foyer. Items will be donated to Howard County residents in need. This is a joint activity of HCPSS and PTSA.

Advocacy Alert – Please do this TODAY!

Do you wonder why school construction lags behind the number of new students moving to Howard County? There is a bill before the Howard County Council right now, CB42, that needs your support to fix that. CB42 increases the fees developers have to pay when building new homes, from \$1.35/sq ft to \$6.80/sq ft. The additional money raised by this fee will go towards school construction, increasing school capacity in Howard County, reducing the need for future redistricting.

DO THIS RIGHT NOW (emails due by 10/7, the earlier the better): Send an email with your name to

councilmail@howardcountymd.gov that says “I support CB42 as written.” That’s it. You don’t even have to include your address.

Restorative Justice in Education (RJE) Book Discussion over Coffee

Mt. Hebron is rolling out Restorative Practices school-wide this year, which is what Dr. Miller is speaking about at the 10/10 PTSA meeting. Read the book that explains the philosophy of RJE and discuss with other interested parents and teachers leading Restorative Practice work in the school. PTSA will provide coffee and light breakfast items. Reserve a ticket on Eventbrite and PTSA will provide parents a complimentary copy of the book shipped directly to them.

Fri., Nov. 8 from 7am-8am in media center. Register on Eventbrite [HERE for Nov. 8](#)

Fri., Feb. 28 from 7am-8am in media center. Register on Eventbrite [HERE for Feb. 28, 2020](#)

Tues., April 14 – 6:30-7:00pm Guest Speaker on RJE implementation at Mt Hebron @ PTSA Meeting in media center.

Help Sell Tickets to Homecoming

Homecoming is Sat., Oct. 19. Tickets will be on sale Fri., Oct. 11 and Oct. 14-17 during all lunches at school. Sign up to help sell! <https://www.signupgenius.com/go/30e0f4caca92d6-homecoming>

Homecoming 2019

* Students can purchase Dance tickets and Pancake Breakfast tickets during all lunches Oct. 11-17.

7:30-10:30am – Pancake Breakfast – Tickets \$8 in advance/\$10 at door - Families invited to enjoy pancakes, sausage, hash browns, donuts, fruit, hot chocolate, coffee/tea/juice, music & face painters!

11:00am – Parade – Starts at Resurrection Church, down Michaels Way, up Greenway Dr. to St. John’s Lane up to school

1:00-3:00pm – Football Game v. Centennial HS

7:00-10:00pm – Homecoming Dance

Diwali coming up 10/12 – Don’t miss it!

If you missed Diwali last year, make sure to come this Saturday! All Mt. Hebron families are cordially invited to the PTSA-sponsored IASPA (Indian American Student Parent Association) Diwali cultural event on Saturday, October 12 from 11:00 am to 2:00 pm at Mt. Hebron.

The cultural program begins in the Auditorium with student performances in Indian Classical dance, singing performances, plus fun and energetic Bollywood dances from 11:00 am to 12:00 noon followed by incredible food, vendor stalls, and traditional Henna body art (vendor charges apply) from 12:00 pm – 2:00 pm in the Cafeteria.

Please RSVP using the link [Mount Hebron Diwali Event](#) by 10/8/19 to ensure enough food for all!



SAT/ACT – An Evening for Parents - FREE

Tues., November 12 @ 6:30pm in the Mt. Hebron Media Center (immediately preceding the PTSA meeting). No RSVP necessary.

Join us for a special evening to learn more about the SAT & ACT and how these important tests impact your child's college application. This complimentary session includes:

- Differences between SAT & ACT.
- Tips and strategies on timing, guessing, and scoring.
- Confidence building techniques.
- Question & Answer period.
- Attend for a chance to win a FREE SAT or ACT Prep Class (a \$159 value) from The Answer Class. Winner chosen at the end of the program – must be present to win!

SAT/ACT Prep Classes

The SAT and ACT are an important part of many college applications. Give your student their best chance at test-taking success by registering them for The Answer Class's test prep. All classes at Mt. Hebron in Room 103.

Register here: <http://www.theanswerclass.com/>.

SAT Prep

Tu/Thurs Nov. 5 & 7 from 5:30pm-9:30pm

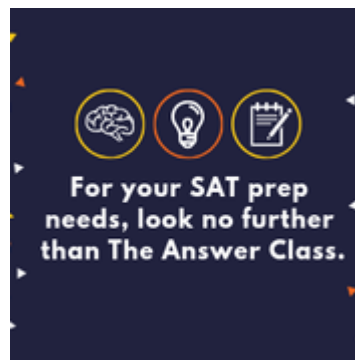
Tu/Thurs Jan. 14 & 16 from 5:30pm-9:30pm

Sat., Feb. 15 & Sat., Feb. 22 from 9:00am-1:00pm

Tu/Thurs April 21 & 23 from 5:30pm-9:30pm

ACT Prep

Tu/Thurs Dec. 3 & 5 from 5:30pm-9:30pm



Save a Life: QPR Suicide Prevention Training

Wed., Nov. 20 – 7:00-8:30pm in the cafeteria. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour. Training provided by Grassroots Crisis Intervention Center certified instructor. Register here: <https://www.eventbrite.com/e/qpr-suicide-prevention-training-tickets-74014359943>.

Mt Hebron PTSA Legislative Tracker: What you need to know

At the State Level:

Blueprint for Maryland's Future- Funding Kirwan:

This is a big year in Maryland for Education funding. The Kirwan Commission made bold recommendations to fund targeted areas (Pre-K, Teacher Salaries, Mental Health, Special Education/struggling learners).

There is a coalition of education advocates that is providing information sessions here in Howard County:

- Oct 2 @ 5:30 Patapsco Middle School
- Oct 16 @ 5:30 Harper's Choice Middle
- Nov 6 @ 6:00pm Lake Elkhorn Middle

Sign up here: <https://www.eventbrite.com/e/rsvp-for-a-community-forum-tickets-70020247445>.

Read more about the Kirwan Commission here: <https://www.mabe.org/adequacy-funding/>.

HCPSS Boundary Review aka “Redistricting”- Written Testimony Welcome

All of the HCPSS information on redistricting can be found here: [HCPSS Redistricting](#). Scroll down the timeline to August 22 where you will find [the Superintendent's Recommended Plan](#). This explains Dr. Martirano’s goals and method for moving over 7,400 Howard County students, **167 of whom are from Mt. Hebron.**

Do you have an opinion? Provide Written Testimony: Until 4:30 p.m. on November 19, the Board of Education will [receive written testimony](#) via USPS mail or emailing it to redistricting@hcpss.org. It is highly recommended that testimony be sent as an attachment. Testimony sent to individual Board members or to the BOE email address will not be accepted.

What is PTSA Doing? PTSA members approved a position statement at the 9/10/19 meeting saying that redistricting at the high school level, for Mt. Hebron and the county, should be postponed until after the attendance area for the new High School #13 is confirmed. Read the entire statement on the PTSA website homepage blog dated 9/11/2019 <http://www.mthebronptsa.com/>. PTSA provided oral testimony at the Sept. 17 BOE hearing. Email mthebronptsa@gmail.com with any questions.

Decision Time: The Board of Education (BOE) will vote on a plan on November 21, 2019 to implement in the 2020-2021 school year.

Chinese American Parent and Student (CAPS) Committee

Margaret Sui, Chair: msui2998@hotmail.com

Korean American Student Parent (KASPO) Committee

Il Minn, President: iminn1@gmail.com

Viking Backers

***** Become a Viking Backers member! Visit www.vikingbackers.org to join! *****

Your membership directly supports clubs, student activities, & athletic programs.

Thank you for making a difference!

- **Concessions Help Needed -**
<https://www.signupgenius.com/go/4090C44FAE2FA2FA7-2019>
- **Get your Spirit Wear - 10/18, 10/19, 11/1**
- **Viking Backers General Meeting - 10/7, 6:30pm to 7:30pm - Media Center**
- **Greg’s Driving School Class Begins - 10/14**
- **Street Smarts Driver’s Ed Class Begins - 10/21**
- **MTH Marketplace - 10/26**
- **Basket Bingo - 11/22**

Concessions - Have Fun while Getting Involved (No experience required - We'll train you!)

Look no further than volunteering at the concessions stand, which raises nearly 35% of the funds provided to not just MTH sports, but **clubs and academic activities**. We need the support of parent and student volunteers. For parents, it's a great way to meet other Viking families and make new connections across the Viking community. For students, it's a great way to earn service hours and give back to our great school. Plus, it's a lot of fun – just ask anyone who's done it. Please visit the link <https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-2019> and sign up to volunteer!

Viking Backers Needs YOU for Homecoming!!

Please come out to support your Hebron family on Saturday, October 19 at the Concessions Stand!

- * There are various shift lengths between 30 minutes and 2 hours.
- * The first shift starts at 9am and the last is over by 5pm!
- * Don't have time to work? We need folks to lend us coolers, tents and tables around 9am, and that's an easy way to help!
- * Many helping hands are needed to make sure Homecoming 2019 is a huge success!

**Thank you so much for volunteering your time - we're all sure to have a lot of fun!!!

<https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-homecoming3>

Spirit Wear

Get your limited edition 2019 Homecoming T-shirts at any spirit wear sale!

Upcoming Spirit Wear Sales:

10/18 Football JV Homecoming against Centennial 3:30-5:30pm

10/19 Football Varsity Homecoming against Centennial 12-3pm

11/1 Football Varsity against Reservoir 6-8pm

Spirit Wear Needs YOU!

We are looking for help selling spirit wear- it's easy and fun and you can check out all the fun, new stuff we are offering this year!

Check out the link and sign up if you are available:

Thank you!

<https://www.signupgenius.com/go/5080C4BABA62AA1F58-upcoming>

Any questions please email Dana Arthurs at: vikingspiritwear@gmail.com

MTH MARKETPLACE – Saturday, Oct. 26, 10am - 3pm

By popular demand, MTH MARKETPLACE is back for the fall! On Saturday, Oct. 26 from 10a-3p, the Viking Backers Booster Club will host an arts & crafts festival with over 120 vendors featuring handmade goods, art, décor, jewelry, skin care and more! Admission and parking are FREE and open to the public.

We need student and adult volunteers to help with this event that benefits ALL students at Mt Hebron High School. NHS student hours are available. Sign up here:

<https://www.signupgenius.com/go/60b0949aaac229-mount>

If you are interested in being an exhibitor, please fill out the application at <https://forms.gle/TGPaAuNBKWRCbfus8>. Spaces are at least 8x8 for \$40 (plus a \$2 transaction fee). **Please note that as of 8/25, we are full, but accepting applications for our WAITLIST. Please fill out the form at the link above if you are interested.*

For more information, please see our Facebook event page <https://www.facebook.com/events/471657553411552/> or event website <https://mthmarketplace.weebly.com/>.

Additional questions? Email Lisa Scarbath at lscarbath@gmail.com

Thank you!!

Basket Bingo

Basket Bingo is Nov. 22, 2019

Doors Open at 6pm and bingo starts at 7pm and runs until 10pm.

Great prizes, raffles and baskets. Specials that include name brand purses and even a Yeti! Delicious food will be sold and the event will be lots of fun! We'd love to see the community come out to support Viking Backers. Tickets are \$30 and sold online at <http://www.vikingbackers.org/basket-bingo-night.html>

Any questions please email Dana Arthurs at: vikingspiritwear@gmail.com

Driver's Education:



Greg's Driving School is the largest driving school in Maryland and has been supporting the Viking Backers and Mount Hebron students since 2006. We provide the 36-hour Driver's Education program directly after school. Any student in Maryland

who is 15 years of age or older is eligible to take the classroom portion, and once they are 15 years and 9 months of age they can take the behind-the-wheel part of the program. The program runs for ten (10) days, usually consecutive except for days that school is not in session. Students can sign up for classes at Mount Hebron by visiting www.gregsmd.com/MHHS.

Parents may view our [Online Parent Orientation](#) to learn what to expect from the Greg's Driver Education Program and how to assist us in helping your new driver take this important step toward adulthood. As parents are part of the equation in shaping new drivers, your role is important in keeping them safe.

Another useful resource is the free [RoadReady](#) app which has been approved by the Maryland Motor Vehicle Administration. This app helps you record the 60 hours of home driving practice that is required of your student, an essential step in the student's progress through the Graduated Licensing System. The app is free and can be downloaded at www.roadreadyapp.com.

We thank you for considering choosing Greg's!

Greg's Driver Education Dates

**Mount Hebron High School
Driver's Education 2019-2020**

Cost of the Program: \$360.00

Session	Start Date	End Date	Notes	Time
#1	October 14,2019	October 28, 2019	No class on 10/18/19	2:45 pm – 6:30 pm
#2	November 4,2019	November 15,2019		2:45 pm - 6:30 pm
#3	December 9,, 2019	December 20, 2019		2:45 pm – 6:30 pm
#4	January 6,2020	January 17, 2020		2:45 pm – 6:30 pm
#5	February 10,2020	February 24, 2020	No class on 2/17 – schools closed	2:45 pm – 6:30 pm
#6	April 20, 2020	May 4, 2020	No class on 4/28/2020 Primary Election Day	2:45 pm – 6:30 pm
#7	June 23, 2020	July 7, 2020	Pending room availability	9:00 am -12:15 pm
#8	July 13, 2020	July 24, 2020	Pending room availability	9:00 am -12:15 pm

***STREET SMARTS OF MARYLAND DRIVER'S EDUCATION PARTNERSHIP WITH MT.
HEBRON HIGH SCHOOL BOOSTERS!***

Next Class Runs from 10/21/19 – 11/4/19

Since 2009, Street Smarts of Maryland has been a strong financial partner of the Mt. Hebron High School Boosters. In addition to providing students with a premier

driver's education program, the company has provided over \$33,275.00 back to the Mt. Hebron HS Boosters in support of student activities and programs.

Street Smarts of Maryland is proud to be able to provide such financial support to the local high schools that endorse the driver's education program. Whether the students are in the classroom or behind the wheel of a car, working together we can strive to make the students the best they can be! Thank you in advance for your continued support!

HOW DOES THE PARTNERSHIP WORK? For each student that enrolls in the driver's education program, a donation will be provided back to the school boosters. Not only will each registered student receive a first-rate driver education but each enrollment will be helping to support the Mt. Hebron HS Boosters as well.

COURSE OPTIONS: Street Smarts of Maryland offers several course options with the goal of making each student a safer driver in all types of roadway conditions. The curriculum is based upon teaching safe defensive driving techniques to the students. All of the instructors are either retired law enforcement officers, firefighters, teachers or those with previous Driver's Education experience.

IN THE COMMUNITY: To learn more about the company and the law enforcement background, click on the following link to watch a short video which accompanied the featured story in the *Baltimore Sun*. The link can be found at <http://vimeo.com/92306718>

The Street Smarts Driver's Education Program boosts the following:

** Certified MVA Instructors * Management has over 200 Years of Combined Law Enforcement Experience * Thirty (30) hours of Classroom Instruction * Standard (6 hours), Advanced (8 hours) or Premium (10 Hours) Behind the Wheel Instruction*

STREET SMARTS OF MARYLAND UPCOMING SESSIONS:

DATES: 10/21/19 – 11/4/19 (No Class on 11/1/19) DATES: 4/27/20 – 5/11/20 (No Class on 4/28/20) DATES: 12/2/19 – 12/13/19 DATES: 5/20/20 – 6/3/20 (No Class on 5/25/20) DATES: 1/29/20 – 2/11/20 DATES: 8/3/20 – 8/14/20 DATES: 3/9/20 – 3/20/20

Evening and Weekend Classes also available at the main office located at Normandy Shopping Center 0in Ellicott City.

To register for any session on-line, please visit the Street Smarts website at:

www.streetSMARTSmd.com

Please feel free to email their office at streetSMARTSmd@comcast.net or call 443-355-4238 with any questions regarding their program.

Parents of African American Students (PAAS)

CJ Ridgely, Co-president, Cheryl Godsey, Co-president: mthebronpaas@gmail.com,
www.mthebronpaas.wixsite.com/paas

PAAS monthly meeting

Tuesday, Oct. 8; 7:30-8:30 pm
Room 105

PAAS Glory Days Grill "Dining for Dollars" Fundraiser

Oct. 20 - Nov. 20

Glory Days Grill is a great place to watch football and basketball (season starts Oct. 22) with your friends. Spread the word! (see attached flier for details)



Glory Days
GRILL
10035 Baltimore National Pike, Ellicott City, MD

PAAS
PARENTS OF AFRICAN AMERICAN STUDENTS

DINING FOR DOLLARS FUNDRAISER

When you dine at Glory Days Grill on your designated nights, we will donate 10% of the food and beverages purchased to PAAS. Simply ask your server for the ITEMIZED COPY OF YOUR GUEST CHECK (NOT the charge card receipt) and give to a PAAS Executive Board member or email mthebronpaas@gmail.com to make arrangements. Questions? Email us.

SHARE WITH YOUR FAMILY, FRIENDS AND NEIGHBORS.

The 10% donation WILL NOT apply to guest checks that receive any coupon-specific discount or promotional certificate, or will it apply to sales tax.



OCTOBER 20 - NOVEMBER 20, 2019

Website: www.mthebronpaas.wixsite.com/paas



PAAS Movie Outing - Harriet

Sunday, Nov. 3; 2pm

Hoyts Theater

1591 W. Nursery Road

Linthicum, MD

\$10/ticket

(see attached flier)

Visit

<https://mthebronpaas.wixsite.com/paas>

to purchase tickets.

Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com, Visit Website: [IASPA](#)

PTSA and IASPA (Indian American Student Parent Association) cordially invite all Hebron families to Diwali cultural event on 10/12/19 from 11 am to 2 pm in the School.

There will be a cultural program by students consisting of Indian Classical dance and singing performances, Bollywood dances in the Auditorium from 11 am to 12 noon followed by food, vendor stalls, and Henna (vendor charges apply) from 12 pm - 2pm.

Please rsvp using the link [Mount Hebron Diwali Event](#) by 10/8/19

Mount Hebron Marching Unit Boosters (MTHMU Boosters)

MTHMU NEWS

A BIG THANK YOU to everyone in the community who supported our Fall sub sale. MTHMU students made over 1600 subs and delivered over 340 donation subs to Grassroots!

Please check out our Facebook page at [MTHMU on Facebook](#) for some things we've been up to over the summer, plus lots of photos and videos of our performances this season, including last week's home game and Future Viking Night! For MTHMU Families, we also try to post helpful reminders there!

COMMUNICATIONS

Important: For LOTS more information about the Mt. Hebron Band and Marching Unit, please visit [www.mthebronmusic.org]www.mthebronmusic.org.

Please add this page to your Favorites!

READY TO GET INVOLVED THIS YEAR?

We are thrilled to welcome so many new families and would love to see you at Booster meetings and MTHMU events. The next Booster meeting is on Thursday, October 10th at 7:00pm in the Guitar Room. Please join us!

We need lots of volunteers at upcoming home games, parades and events as well as ongoing committee jobs! Please sign up here: [Volunteer for MTHMU](#)

RESTAURANT FUNDRAISING: YOGI CASTLE *TONIGHT!* 10/7

Please join us at our next Restaurant Fundraiser which is all day TODAY at Yogi Castle off Rte 40! Please see the flyers below for more specific details, and spread the word to family and friends! (Must state fundraiser at time of purchase.)

[Yogi Castle Flyer](#)

OWN A PIECE OF MTHMU MEMORABILIA!

Please contact Mr. Fischer at Joe_Fischer@hcpss.org if you are interested in owning a retired Marching Unit Shako hat, Lancers uniform or Cavaliers uniform. The cost of owning one of these meaningful and unique collectibles is simply a donation to MTHMU. Think ahead now for Holiday Gifts!

Community News

SENIORS!

MT. HEBRON IS OFFERING 2 OPPORTUNITIES TO ASSIST YOU AND YOUR FAMILY WITH THE FAFSA (FREE APPLICATION for FEDERAL FINANCIAL AID). SPACE IS LIMITED FOR BOTH SO PLEASE ACT SOON IF YOU NEED ASSISTANCE.

While the dates vary for each college the FAFSA must be filed by January 1 to meet the financial aid priority deadline for the University of Maryland, College Park.

Opportunity #1 (ONE DATE ONLY):

Howard Community College is excited to offer the 2020-2021 FAFSA Completion Workshop at Mt. Hebron High School on Tuesday, October 15 between 9-2:30. We hope that coming onsite to your school is helpful for your students and families, and will encourage early completion of the FAFSA to maximize your student's financial aid opportunity.

Students/parents should bring the following information with them:

- a. The student/parents FSA ID, if they already have one.
- b. The student/parents social security number
- c. A copy of the student and/or the parents 2018 Tax Returns, if they have filed taxes.
- d. A copy of the student and/or parents 2018 W2's and,
- e. All 2018 untaxed income information. Untaxed information includes but is not limited to child support paid or received, housing, food, and other living allowances, veterans non-educational benefits, etc.

Please contact Ms. Linda Mathias in Student Services at 410-313-2883, OR your student's counselor to sign up with the following information:

- a. The student's name
- b. The parent's name. if they plan to attend
- c. Appointment time and,
- d. An email address for us to follow-up

Please note: This workshop is not just for those planning to attend Howard Community College. It is for all students planning to enroll in any college during the 2020-2021 academic year.

Opportunity #2 (ongoing):

We are very fortunate to have Ms. Velma Green, from the Maryland Educational Opportunity, at Mt. Hebron to help navigate through the financial aid process for your student's college education. She is knowledgeable in working on the FAFSA, as well as with many grants/loans. This is a **FREE** service. She will be available by appointment on Mondays beginning Oct. 7th in Student Services office between 9-1:00pm (last appointment). There is limited space so please do not delay.

Please contact Ms. Linda Mathias in Student Services, to schedule an appointment. You are encouraged to bring any pertinent financial statements.

Mt. Hebron's Pancake Breakfast Oct. 19 – An Annual Homecoming Tradition!

Mt. Hebron's Annual Pancake Breakfast, which is hosted by the Mt. Hebron Football Program, will kick off the day's festivities. Tickets for this event are \$8 in advance and \$10 at the door. Tickets will be on sale this Friday, October 4th during the varsity football game from 6:30pm-8:00pm. You can find ticket sellers right near the field entrance when you enter the stadium. Tickets will also be on sale during all lunch shifts (Friday October 11th - Thursday October 17th between 10:15am and 12:15pm). The breakfast will take place in the cafeteria from 7:30am-10:30am. The breakfast menu includes pancakes, sausage, hash browns, donuts, fruit, coffee, hot chocolate, tea and juice, and there will also be music and face painters! We hope that you and your family will come join us.

Sources of Strength Program

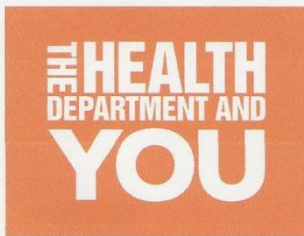
HCHD Youth Suicide Prevention Plan

Student Peer Leaders Wanted

Howard County students in grades 9-12
during the 2019-2020 school year

- Create positive social change through an interactive peer leadership program
- Use your voice, and social influence to prevent suicide
- Volunteer to participate or be recruited by someone in the community (a teacher, coach, or youth group leader)
- Recruitment period: September 4 - October 4, 2019

Visit the [TeenHealthMatters](https://teenhealthmatters.org) website for detailed information.



For more information, contact Kayla Blasher at kblasher@howardcountymd.gov or **410-313-6240**

8/2019

410.313.6300 | hchealth.org



Here's the link! <https://teenhealthmatters.org/get-involved/>

Empowering Parents as Partners, October 12, 2019

Saturday, October 12, 8:45 a.m.-1:05 p.m. – Howard High School, 8700 Old Annapolis Road, Ellicott City

HCPSS' Department of Special Education invites seasoned and parents/guardians new to the IEP process to learn how to advocate for their child and be active, informed members of the IEP team.

The conference will include:

- Keynote speaker Ananta Hejeebu
- Sessions on each section of the Individualized Education Program (IEP), including how parents can provide input and questions to ask at a meeting
- Special sessions to support families of children birth-3 and ages 3-5
- Information on HCPSS Special Education Services, including post-secondary options, continuum of services, dyslexia, technology, the Howard County Special Education Citizens Advisory Committee (SECAC) and more

Parents interested in attending should [register online](#). Childcare is available only to those who register and select the childcare option.

To request an interpreter, contact Trish Gunshore at 410-313-8873.

- Spanish – Para solicitar un intérprete, por favor, llamar al 410-428-5088
- Korean – 통역자를 요청하시려면 410-313-1592, 한국 콜센터로 연락주십시오
- Chinese – 如果您需要中文翻译, 请拨打中文热线 410-313-5920 与我们联系

HCPSS & The Council of Elders 2019-2020 Community Academy Workshops

All workshops, 9-11:15 a.m. – Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia

Additional details regarding specific sessions are forthcoming

[The Council of Elders](#) and the Howard County Public School System have partnered to sponsor the following 2019-2020 parent workshop series:

- Saturday, October 12 – Effective School and Home Communication
- Saturday November 9 – Social, Emotional and Mental Well-Being
- Saturday, January 25 – Social Media
- Saturday, March 7 – Healthy and Unhealthy Relationships

Please call 410-313-1598 in advance to arrange for the following services:

- Child Care
- Interpreting



JOIN US FOR THE 3rd ANNUAL
RHHS BEST BUDDIES'

HALLOWEEN HOMECOMING

OCTOBER 26 2019 7-9 PM
IN THE RIVER HILL HIGH SCHOOL CAFETERIA

ALL ARE WELCOME!

Buy Tickets Here (\$10):

Direct LINK:

<https://osp.osmsinc.com/HowardMD/BVModules/ProductTemplates/Bvc2013/Product.aspx?productid=DA072-134>

OR—

1. Go to rhhs.hcpss.org
2. Scroll to bottom & click on Online payments, Best Buddies Homecoming Dance

We encourage the purchase of your ticket online, but tickets will be available in person for purchase the night of the event.



Guiding Good Choices®

Sessions:

How to Prevent Drug Use in Your Family

How to Develop Healthy Beliefs and Clear Standards

Avoiding Trouble: How to Say No to Drugs

Managing Conflict: How to Control and Express Your Anger Constructively

Involving Everyone: How to Strengthen Family Bonds

This 4 week program is **FREE**, but you must register.

This program is offered by the Howard County State's Attorney's Office and HC DrugFree in partnership with the Howard County Health Department.

Guiding Good Choices® is an evidence-based, interactive prevention program that provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs.

The program is for parents. Children age 9-14 are invited to attend the third session with their parents.

After completing the program, families will be able to:

Influence their children to help prevent drug use and other risky behaviors.

Develop clear family guidelines and expectations about drug use.

Teach children how to stay out of trouble, keep their friends and still have a good time.

Dates: Tuesdays, October 22, 29 and November 5, 12, 2019

Time: 5:30 p.m. – 8:00 p.m.

Location: Wilde Lake Middle School, 10481 Cross Fox Lane, Columbia 21044

To register, click link below

<https://www.surveymonkey.com/r/GGCOct2019>

For more information, contact Joan Webb Scornaienchi, Executive Director, HC DrugFree at 443-325-0040 or Admin@hcdrugfree.org.

HCDrugFree
Empowering the Community

HC DrugFree

Free Parenting Classes for Parents/Guardians of 9-14 Year Olds: HC DrugFree and the Howard County State's Attorney's Office will once again provide the evidence-based series Guiding Good Choices for parents to gain skills and knowledge to reduce the risk that their children will

use drugs. This 4-week series will be held from 5:30 p.m. to 8:00 p.m. on Tuesdays, October 22, 29 and November 5, 12 at Wilde Lake Middle School in Columbia. Parents are expected to attend all 4 sessions. To register, go to <https://www.surveymonkey.com/r/GGCOct2019> or see attached flier. Free workbook included. If you have questions, email Joan Webb Scornaienchi, HC DrugFree's Executive Director at Admin@hcdrugfree.org or call 443-325-0040.

Teen Advisory Council: HC DrugFree's Teen Advisory Council (TAC) meets one Monday evening a month from 5:30 p.m. to 7:00 p.m. at The Barn/Teen Center in the Oakland Mills Village Center and is open to all Howard County high school students. Community service hours are available for all meetings and events. TAC will meet on Monday, October 21. To access the registration form, please visit HC DrugFree's Teen Advisory Council page at <http://www.hcdrugfree.org/teen-advisory-council-1> Refreshments provided at meetings, so must RSVP to Admin@hcdrugfree.org or call 443-325-0040.

Community Service Hours: All students (elementary through college) can receive community service hours for volunteering during any HC DrugFree event. For information, please email Admin@hcdrugfree.org or call 443-325-0040.

Drive-thru EpiPen, Medication and More Collection: Howard County's next convenient drive-thru collection for over-the-counter and prescription medication and "sharps" (needles, syringes and EpiPens) will be held on Saturday, October 26 between 10:00 a.m. and 2:00 p.m. in the Wilde Lake Village Center parking lot near the Swim Center and The UPS Store. HC DrugFree and the Howard County Police urge you to clean out your medicine cabinets. Teams, clubs, students, PTAs/PTSAs, families, scouts, etc. are welcome to volunteer at the event and receive community service hours. Please visit HC DrugFree's website at www.hcdrugfree.org and go to the Events/Drug Take Back Day page for more information about medication disposal, or let us know you plan to volunteer by emailing Admin@hcdrugfree.org or calling 443-325-0040.

Please visit the **[Community News and Programs page](#)** on the HCPSS website for announcements of upcoming events and programs sponsored by non-profit organizations.

<http://www.hcpss.org/community-news-and-programs/>